

# WINNING WAYS TO WELLBEING



## Be Active – Me Kori Tonu

Do what you can – whāia te mea ka taea e koe  
Enjoy what you do – kia pārekareka tāu i whai ai  
Move your mood – kia pai ake ō piropiro

Children need a range of opportunities to be active both in and outdoors. These can be as straightforward as walking, running, skipping, cycling or swimming, all of which are great at improving strength, balance, fitness or concentration. Group sports are also good for enhanced self-confidence and co-operation and can help support new friendships outside of school.

Research shows a strong correlation between physical activity and increased wellbeing. It is now viewed as essential for people of all ages and has been shown to slow age-related cognitive decline. Evidence suggests that physical activity can increase self-belief, the ability to cope with difficult situations and provide a sense of mastery. It can also have the benefit of encouraging social interactions. Physical activity does not need to be particularly energetic to be of benefit. Moderate exertion three to five times a week can significantly improve wellbeing.

**Step outside, when was the last time you went for a bike ride, a jog or a walk in the fresh air? You could try playing a game or dancing with young ones. Check out your garden. Pulling some weeds or planting something new can help you work up a sweat. Exercising makes you feel good. Discover a physical activity you enjoy and one that suits your level of mobility and fitness. Do what you can, enjoy what you do, be active and move your mood.**

- Bring activity into the everyday, eg. use the stairs instead of the lift, walk to colleagues/family to talk with them instead of phoning, and get off the bus one stop earlier than your stop.
- Try a 'Have A Go day' with a local sports group. Look out for what's on offer, as often, free equipment and tuition is provided.
- Take a family walk after dinner, or a longer one on the weekend. Let family members take turns to choose where to go.
- Hold a family dance-off with different members picking the music.
- Organise or participate in walking tours of local places of interest in your community.
- Participate in a fun run/walk to raise money for charity.
- Try tai chi classes for strength, balance and mental wellbeing.
- Go swimming or water walking groups at your local pool.
- Join a sports club to be active and meet people at the same time - tennis, bowls, touch rugby, netball, there is so much to choose from!